



OFFICE OF THE TOWN ADMINISTRATOR
870 Moraine Street
Marshfield, MA 02050

MARSHFIELD'S COVID – 19 TASK FORCE UPDATE

April 10, 2020

Task Force: Police, Fire, Board of Health, Board of Selectmen, Emergency Operation Center, Town Administrator, Schools, DPW and Council on Aging.

To all Marshfield Residents:

This update is intended to inform residents and visitors in Marshfield that as predicted the Massachusetts Department of Public Health is now reporting that as of April 9, 2020 there are at least **170** cases of known corona virus **AND** persons who have been in contact with persons confirmed with corona virus and asked to self-quarantine. The number grows daily.

The Town of Marshfield Board of Health, in an effort to be **completely transparent** to our residents, is publishing not only the actual number of cases but also known contacts with persons with corona virus. This is different from most communities who are publishing only confirmed cases. We feel this minimizes the extent of this issue.

The point here, as we have been stating all along, is that persons need to assume that COVID-19 is likely to continue spreading in our community, and as a result, the town should continue to engage in hand-washing, **strictly** adhering to social distancing measures and **covering** their faces when outside of their homes whenever possible. Please reserve N95 masks for first responders, essential workers, and persons who have symptoms of COVID-19.

The Board of Health is actively involved with “contact tracing” and this is intended to contain the spread of COVID-19.

MOST IMPORTANTLY RESIDENTS ARE REMINDED THAT JUST BECAUSE YOU MAY BE EXPERIENCING SYMPTOMS OF COVID-19 VIRUS DOES NOT MEAN THAT YOU NEED TO CALL 911 FOR EMERGENCY ASSISTANCE. EIGHTY PERCENT (80%) OF PERSONS WHO BECOME EXPOSED WILL BE ABLE TO MANAGE THEIR CARE ON THEIR OWN AND BY CONTACTING THEIR MEDICAL PROFESSIONALS.

HERE ARE THE BOARD OF HEALTH'S RECOMMENDATIONS FOR MEDICAL CARE:

Call **911** for **severe** shortness of breath or difficulty breathing. The Massachusetts Department of Health (DPH) says do not wait for the results of a COVI-19 test to call 911.

Call a health care provider for shortness of breath or other serious symptoms. DPH says to continue to self-isolate if symptoms are becoming more severe.

For people with mild symptoms:

Early on, symptoms may feel like a common cold, including a combination of cough, body aches, fatigue, and chest tightness.

People who are not at high risk of severe illness may not need to be evaluated in-person or tested for COVID-19. Not everyone with symptoms or who may have been exposed to COVID-19 will be tested right away.

If you have mild symptoms including a fever, cough, shortness of breath, or suspect that you were exposed but are not able to be immediately tested, please stay home and avoid contact with others. Isolate yourself until:

- * You have had no fever for at least 72 hours (that's 3 days of no fever without the use of medicine that reduces fevers)

AND
- * other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND
- * At least 7 days have passed since your symptoms first appeared.

Use over-the-counter medication to treat mild symptoms.

There is currently no specific treatment for COVID-19.

The 911 system is not intended for minor injuries or general medical questions. DPH says those seeking general advice or wishing to be tested for COVID-19 should not call 911.

Additional resources include:

The Massachusetts Department of Public Health (DPH) announced that Massachusetts 2-1-1, a 24-hour telephone hotline, will now provide real-time COVID-19 information, resources, and referrals in multiple languages. <https://mass211.org/> and www.Buoy.com/mass for residents to check their symptoms and connect with the next appropriate health care resource

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MARSHFIELD BOARD OF HEALTH

Tyler Nims, Chairman, Board of Health
Mark MacDonald, Vice-Chairman, Board of Health
Paul Armstrong, Member, Board of Health
Robert Valery, Director of Public Health

The BOH has ensured that Local Supermarkets are following the directive to limit the number of people in each facility at one time. **Now it is time to do your part.** Plan your trip and try to shop alone. **Shopping is not a social event** and should only be done when it is time to get a proper supply of foods and essential items (resist the one item temptations, the Twinkies' can wait). The **workers** in these establishments are **essential personnel** and deserve our respect for their service. Please observe the social distancing of 6' from other shoppers and staff while they perform the tasks that provide us with the foods we need. Follow the arrows guiding traffic patterns as you go through the store. When standing in line outside the building social distances also applies.

Personal protective equipment, or PPE : protects its user against any physical harm or hazards that the environment may present **ONLY WHEN USED CORRECTLY!** People often get a false sense of security when using and forget.

- There is no substitute for proper hand washing/sanitizing and be mindful to do so before and after use.
- Understand how to use and remove the PPE. (improper use can do more harm than good)
- Please properly dispose of the PPE after use.

Buoy Health's new online resource: for residents to check their symptoms and connect with the next appropriate health care resource. This tool does not replace emergency medical care, but it may be used as a support for residents during the COVID-19 outbreak to connect them with appropriate health care resources if they display coronavirus symptoms. Buoy Health's online 24/7 tool is free for Massachusetts residents and uses current COVID-19 guidance from the CDC and DPH. As always, your first choice is to contact your own health care provider. Buoy's online tool is not to be used in place of emergency medical care. If this is an emergency, call 911 or visit the nearest emergency room. www.Buoy.com/mass

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General Information:

As folks are aware this is the busiest religious holiday weekend with residents celebrating Passover and Easter. We want to remind everyone to continue using social distancing if visiting relatives or out in the general public. If possible instead of visiting relatives you might want to try teleconferencing during your holiday dinner to keep everyone safe.

Please remember to wear personal protective gear when out in the public. When you are through with the protective gear, please remember to properly dispose of them.

One final thought or suggestion! You might want to call and check on an elderly neighbor or family member to make sure they are okay. We know these are very difficult times, but remember to cherish each moment spent with loved ones.

Very truly yours,
Michael A. Maresco
Town Administrator

P.S. The pinnacle of the steeple on the top of Town Hall will be lit in red to recognize and thank our first responders.